MINUTES OF THE NUTRITION COORDINATING COMMITTEE (NCC) MEETING, NATIONAL INSTITUTES OF HEALTH (NIH)

NIH Natcher Conference Center, Room E, April 3, 2014 2:00 – 4:00 PM

WELCOME

Dr. Van Hubbard, Director of the NIH Division of Nutrition Research Coordination (DNRC), convened the meeting at 2:01 PM and welcomed participants. Phone participants included the following: Dr. Josephine Boyington, NIH NHLBI; Dr. Rosalind Breslow, NIH NIAAA; Ms. Lisa Broitman, CDC NCHS; Ms. Mary Cutting, NIH NIDCR; Dr. Abby Ershow, NIH NHLBI; Dr. Sheila Fleischhacker, NIH DNRC; Dr. Stephanie Goodwin, OASH ODPHP; Dr. Peter Greenwald, NIH NCI; Dr. David Klurfled, USDA ARS; Dr. Judy Hannah, NIH NIA; Dr. Lyndon Joseph, NIH NIA; Ms. Michelle Lawler, HRSA; Dr. Tiffany Lunt, OASH ODPHP; Dr. Padma Maruvada, NIH NIDDK; Dr. Alisa Mosley, HPRC; Dr. Samara Joy Nielsen, CDC NCHS; Dr. Julie Obbagy, USDA CNPP; Ms. Sara Ohlhorst, ASN; Dr. Rick Olson, OASH ODPHP; Ms. Colette Rihane, USDA CNPP; Dr. Sharon Ross, NIH NCI; Dr. Lauren Rossen, CDC NCHS; Dr. Denise Stredrick, NIH ODP; Ms. Ana Terry, CDC NCHS; Dr. Susan Volman, NIH NIDA; and Dr. Xibin Wang, NIH NIAMS. The agenda for the meeting is provided as Appendix A and the list of attendees is provided as Appendix B.

APPROVAL OF MINUTES FROM THE FEBRUARY 6, 2014 NCC MEETING

Minutes from the February 6, 2014 NCC meeting had previously been sent to NCC members via email. Dr. Hubbard asked if there were any other corrections to the minutes. There were none. Dr. Shirley Blakely, the U.S. Food and Drug Administration (FDA), made a motion to approve the minutes, and Dr. Sharon Ross, NIH National Cancer Institute (NCI), seconded the motion. The minutes were thus approved and will be posted on the DNRC website, http://www.dnrc.nih.gov, along with the minutes from the previous NCC meetings.

NHANES DATA AND PUBLICATION RELEASES

Ms. Lisa Broitman, Deputy Director of the Division of Health and Nutrition Examination Surveys, CDC NCHS, informed the NCC about some of the newly released NHANES data files that may be of interest. The following files, among others, were posted on the NHANES website in March and can be accessed at:

http://www.cdc.gov/nchs/nhanes/new_nhanes.htm

- <u>Urinary Caffeine and Caffeine Metabolites</u> (Subsample) (CAFE_F 2009-2010)
- Vitamin B12 (VITB12 G 2011-2012)
- Vitamin B6 (VIT_B6_E 2007-2008)
- Weight History 8-15 years (WHQMEC G 2011-2012)

National Health and Nutrition Examination Survey: Sample Design, 2011–2014 (new publication)

In addition, Ms. Broitman mentioned that NCHS will soon post tiered deadlines on their website for new content proposals for the 2017/2018 NHANES cycle. Deadlines for letters of intent that provide brief (2 pages or less) descriptions of the public health significance, technical requirements, and potential issues related to the safety and privacy of survey participants were provided as follows: Examination content (9/30/2014), Questionnaire content (3/15/2015), and Laboratory content (6/1/2015).

A SERIES OF SYSTEMATIC REVIEWS ON THE RELATIONSHIP BETWEEN DIETARY PATTERNS AND HEALTH OUTCOMES, USDA NUTRITION EVIDENCE LIBRARY

Ms. Joanne Spahn, Director of the USDA Center for Nutrition Policy and Promotion (CNPP) Evidence Analysis Library (NEL), and Dr. Eve Essery Stoody, a Nutritionist within CNPP and Project Manager for the Dietary Patterns and Health Outcome project, provided an overview of the systematic reviews recently conducted by the NEL team to examine the relationship between Dietary Patterns (DP) and the following outcomes: body weight and obesity, cardiovascular disease, and type 2 diabetes. A fourth topic, dietary patterns and cancer, was also of interest but was not completed due to resource constraints. However, Subcommittee 2 of the 2015 Dietary Guidelines Advisory Committee (DGAC) is considering the topic.

The *Dietary Guidelines for Americans, 2010* was the first edition of the Guidelines to incorporate research on dietary patterns and health outcomes, though a full systematic review was not conducted at the time. However, it was determined that this topic was important for future Dietary Guidelines, so the NEL was prompted to initiate a series of systematic reviews designed to answer 12 questions based on dietary pattern methodology and health outcomes.

This NEL systematic review project was planned, organized, and guided by a NEL Systematic Review Management Team composed of federal nutritionists trained in systematic review methodology. The NEL Systematic Review Management Team worked with a Technical Expert Collaborative (TEC) that consisted of seven national nutrition experts with knowledge in various aspects of dietary patterns. Details about the methodology, inclusion/exclusion criteria, search strategy, strength of the evidence and conclusions can be found in the detailed report that was published on the NEL website in in March 2014:

http://www.nel.gov/vault/2440/web/files/DietaryPatterns/DPRptFullFinal.pdf

Overall, the series of systematic reviews support a dietary pattern that is characterized by fruits, vegetables, whole grains, and low-fat dairy; includes regular consumption of fish, legumes, and nuts; is moderate in alcohol; is low in red and processed meat, sugar-sweetened foods and drinks, high-fat dairy, saturated fat, cholesterol, sodium and refined grains; and is rich in fiber and potassium. The report also found that multiple dietary patterns are favorably associated with health and that there are no standard definitions for dietary pattern labels.

HHS OFFICE OF DISEASE PREVENTION AND HEALTH PROMOTION (ODPHP) UPDATE:

Dr. Kellie Casavale and Ms. Holly McPeak provided several updates from ODPHP.

Dietary Guidelines Advisory Committee (DGAC) Update:

DGAC Meeting 3 was held on March 14, 2014 via public webcast. Over 550 individuals or groups watched live, and the webcast recording has had over 800 viewers. Materials related to the meeting can be found at www.DietaryGuidelines.gov under "Meetings" and at this link. The morning session included four invited presentations and the afternoon session included reports from each of the five subcommittees and the DGAC Chair on the status of their systematic reviews, data analyses, and other modes of gathering information to inform their final report. Three consultants were identified who have begun working with two of the subcommittees. Consultants are individuals sought by a subcommittee to participate in subcommittee discussions and decisions on an ongoing basis but are not members of the full Committee. Like Committee members, the DGAC consultants complete training and have been reviewed and cleared through a formal process within the Federal government. The consultants are:

SC 3: Diet and Physical Activity Behavior Change

Michael G. Perri, Ph.D., ABPP; Dean, College of Public Health and Health Professions; University of Florida; Gainesville, FL

SC 5. Food Sustainability and Safety

Michael W. Hamm, Ph.D., C.S. Mott Professor of Sustainable Agriculture; Departments of Community Sustainability, Food Science and Human Nutrition, and Plant, Soil and Microbial Sciences; Michigan State University (MSU); East Lansing, Michigan

Timothy S. Griffin, Ph.D., Director, Agriculture Food and Environment Program; Friedman School of Nutrition Science and Policy; Tufts University; Boston, MA

Future Meetings:

The website recently announced *tentative* dates for the next two public DGAC meetings, July 17-18 (meeting 4) and September 16-17, 2014 (meeting 5). These meetings are expected to be two-day public webcasts.

The Subcommittee on Dietary Guidance of the Interagency Committee on Human Nutrition Research (ICHNR) will meet April 10th at 10:00 am by conference call. This meeting will include an overview of DGAC activities to date, insights from the March 14th DGAC meeting (review of subcommittee reports), and collateral sharing on dietary guidance-related projects.

March, National Nutrition Month

Weekly events were held at HHS, kicking off with an Office of Women's Health exhibit and herb tasting. The second week, FDA presented nutrition facts education information and introduced "Label Man" to the employees. A weight loss presentation on "SlimDownandWin" with former ODPHP nutritionist, Kay Loughrey, RD, was featured inperson and by webinar during the third week. Finally, new this year, was a popular "Tour with Chef of the HHS Café. And lastly, ODPHP sponsored a first-ever National Nutrition Month Twitter Chat with FedStrive and other partners, such as Academy of Nutrition and Dietetics, NIH, and USDA. For the one-hour chat, they had over 10 million impressions of the hashtag #HealthyFoods, (meaning the hashtag appeared on a twitter feed over 10 million times during the hour of the chat) and 845 tweets with nearly 300 participants tweeting.

Webinars

Health Literacy Webinar: Learning to Use the CDC Clear Communication Index for Nutrition Information

<u>Speaker:</u> Cynthia Baur, Ph.D., Senior Advisor for Health Literacy and the senior official for the Plain Writing Act, Office of the Associate Director for Communication, Centers for Disease Control and Prevention (CDC), U.S. Department of Health and Human Services (HHS).

<u>Description:</u> Learn how to use the CDC Clear Communication Index (Index), a new research-based tool to plan and assess public communication materials, to communicate clearly with your audiences. The 4 questions and 20 items in the Index are drawn from the scientific literature and represent the most important characteristics to enhance clarity and aid people's understanding of information. You can use the Index with fact sheets, web pages, social media messages, podcast scripts, info graphics, and more.

When: April 9, 2014

Time: 2:00 – 3:30 p.m. EST Call in: 1-888-324-3185 Participant code: 3960851 Participants can join the event directly at: https://www.mymeetings.com/nc/join.php?i=PW4969720&p=3960851&t=c

Note: Limit of 75 people, first come, first serve.

The State of the Leading Health Indicators Webinar: Progress to Date

Celebrate National Public Health Week by joining a webinar on Tuesday, April 8, 2014 from 2:00 to 2:45 p.m. EDT to see progress made to date on the Healthy People 2020 Leading Health Indicators and efforts needed for further improvement.

Register today 🖪

Also, mark your calendars for the next HP Progress Review Webinar for the Nutrition and Weight Status and Physical Activity topic areas, which will take place on May 9, 2014 from 12:30 to 2:30 pm. More details will be made available on the HP website: http://healthypeople.gov/2020/learn/webinars.aspx

OFFICE OF DIETARY SUPPLEMENTS (ODS) UPDATE

Dr. Cindy Davis, ODS, provided the following updates:

ODS Seminar Series:

The next ODS seminar is on Wednesday, April 9 at 11:00 am. Emily Ho from the Linus Pauling Institute will present "Cruciferous Vegetables, epigenetics and prostate cancer prevention."

Upcoming grant-related deadlines:

May 2- Letters of intent for ODS scholars program

May 20- last date for applications for extramural and workshop co-funding for FY14

<u>Phenylketonuria Scientific Review Conference:</u>

ODS, NICHD, and NCATS/ORDR convened a conference on phenylketonuria [more properly now known as phenylalanine hydroxylase (PAH) deficiency] in 2012, the proceedings of which are in press¹. These proceedings summarized the previous decade of research on PAH deficiency, along with the results of an AHRQ systematic review on the use of several new treatment modalities (sapropterin, large neutral amino acids, and glycomacropeptide). An important goal of the conference was to provide information that would inform clinical treatment decisions. The American College of Medical Genetics and

Genomics and Genetic Metabolic Dietitians International recently published medical and nutrition management guidelines based on this conference^{2,3}. These efforts are expected to lead to improvements in therapy for individuals with PAH deficiency and directly benefit patients and their families, the health care system, and society in general.

25-Hydroxyvitamin D:

Because of its interest in ensuring that total exposure to a nutrient is taken into account when determining nutrient status, ODS has been exploring the issue of the 25(OH)D content of animal-derived foods and its potential to contribute meaningful amounts to the estimates of vitamin D dietary intake. 25(OH)D, the metabolized form of the nutrient, is known to be considerably more potent than the non-metabolized form in increasing serum 25(OH)D levels in the body – potentially as much as 5 times as potent. However, this metabolite is not included in the current US tables of food composition. A recent paper published jointly by the ODS and USDA in the Journal of Nutrition provides estimates of the potential impact when 25(OH)D from food is included in the intake estimates of vitamin D. Additionally, ODS is supporting a National Institute of Standards and Technology (NIST) project to develop standard reference materials for 25(OH)D in animal-based food matrices.

*Taylor CL, Patterson KY, Roseland JM, Wise SA, Merkel JM, Pehrsson PR, Yetley EA: Including food 25-hydroxyvitamin D in intake estimates may reduce the discrepancy between dietary and serum measures of vitamin D status. J Nutr 2014, in press.

REPORTS FROM NCC MEMBERS AND LIAISONS

- Dr. Van Hubbard thanked the DNRC staff for putting together a successful National Nutrition Month Mini-Symposium entitled, *The Human Microbiome: Implications for Nutrition and Clinical Practice*. It was held on March 28th in the NIH Masur Auditorium and had a high turnout. Dr. Hubbard also thanked Dr. Cindy Davis from the Office of Dietary Supplements for giving an excellent presentation to kick off the symposium. The event was recorded and will be available on the <u>DNRC website</u> in 6-8 weeks.
- Ms. Kathryn McMurry, NHLBI, announced that the following evidence reports will soon be available on the <u>NHLBI website</u>. In the fall of 2013, NHLBI partnered with the American College of Cardiology (ACC) and the American Heart Association (AHA), who released clinical guidelines that were based on the rigorous,

¹ Camp K, Parisi M et al: Phenylketonuria scientific review conference: state of the science and future research needs. Mol Genet Metab 2014, in press.

² Vockley J et al: Phenylalanine hydroxylase deficiency: diagnosis and management guideline. Genet Med 2014;16(2):188-200.

³ Singh R et al: Recommendations for the nutrition management of phenylalanine hydroxylase deficiency. Genet Med; 2014;16(2):121-131.

comprehensive, systematic evidence reviews sponsored by the National Heart, Lung, and Blood Institute.

- April 7th: Lifestyle Interventions to Reduce Cardiovascular Risk
- April 14th: Managing Blood Cholesterol in Adults, Managing Overweight and Obesity in Adults, Assessing Cardiovascular Risk
- The Food Forum Workshop on <u>Relationships between the Brain, Digestive System, and Eating Behavior</u> will take place on July 9-10, 2014. You can register to participate in-person or via webinar.

Click <u>here</u> to register

- Dr. Padma Maruvada announced that the NIH Obesity Research Task Force has
 established several working groups that will focus on high-priority areas of obesity
 research. The groups and WG lead are listed below. Dr. Maruvada encouraged
 NCC members to contact the leads listed below if they are interested in
 participating.
 - Microbiome: Dr. Maruvada, NIDDK, lead email: maruvadp@niddk.nih.gov
 - **Behavioral phenotyping**: *Dr. Christine Hunter, NIDDK, lead* email: hunterchristine@niddk.nih.gov
 - Sleep: Dr. Aaron Laposky, NHLBI, lead email: laposkya@nhlbi.nih.gov

PLANS FROM THE INTERAGENCY COMMITTEE ON HUMAN NUTRITION RESEARCH (ICHRN): A US GOVERNMENT-WIDE NUTRITION RESEARCH AGENDA

Dr. Van Hubbard informed the NCC about the ICHNR's plans to develop a US government-wide nutrition research agenda. At the last ICHNR meeting in February, it was determined that there would be a benefit to bring together other federal agencies along with USDA and HHS to address various issues, including obesity prevention, effectiveness of nutrition education, sustainability of a health promoting diet and the nexus among metabolism, behavior and lifestyle. More research is needed on inter-individual variability and diet, including the role of metabolomics, genomics and the microbiome. Research on how to encourage behavior change is needed, including behavioral economics studies. An interagency working group will be established under the ICHNR to develop a scope for the project. So as not to reinvent the wheel, the working group will use information from existing reports to identify priority research needs and opportunities. The working group will be led by Dr. Robert Holland, USDA NIFA and Dr. Van Hubbard, NIH. An initial report should be delivered to the ICHNR in 2-3 months.

The following resources are some of the reports that will be used to inform the ICHNR agenda:

- Strategic Plan for NIH Obesity Research: http://www.obesityresearch.nih.gov/about/strategic-plan.aspx
- The American Society for Nutrition has developed a series of descriptions of nutrition research priorities. The web site for these materials and related info is as follows: http://www.nutrition.org/public-affairs/nutrition-research-agenda/
- The Meeting the Challenge: A Research Agenda for America's Health, Safety, and Food report: http://clinton3.nara.gov/WH/EOP/OSTP/NSTC/html/challenge/challenge.html
- FDA Research Strategic Plan Center for Food Safety and Applied Nutrition: http://www.fda.gov/Food/FoodScienceResearch/ResearchStrategicPlan/default.htm
- The University of Toronto has put together a strategic plan for the nutritional sciences. The chair of the effort, Dr. Mary L'Abbé, the Earle W. McHenry Professor and Chair of the Department of Nutritional Sciences at the University of Toronto, is the former Director of the Bureau of Nutritional Sciences at Health Canada: http://nutrisci.med.utoronto.ca/Department%20of%20Nutritional%20Sciences_Strategic%20Plan.pdf

CURRENT DNRC UPDATE OF ACTIVITIES

Nutrition Education Subcommittee (NES):

The NES reviews nutrition education materials for scientific and technical accuracy and consistency with the *Dietary Guidelines for Americans (DGAs)*, 2010.

NES Chair, Dr. Margaret McDowell, NIH/DNRC reported that the NES completed 3 dietary guidance reviews since the February NCC meeting and is reviewing one other submission.

Completed NES Reviews:

1. HHS Office on Women's Health (OWH) Heart-Healthy Eating Fact Sheet and Heart Healthy Q and As- The OWH is working to make the womenshealth.gov mobile-friendly. The Heart Healthy materials were recently updated to reflect the 2010 Dietary

Guidelines for Americans and incorporate plain language communication elements. The target audience for the material is adult women.

- 2. NIH Health and Wellness Website Nutrition Content- The NIH Health and Wellness Council launched a major effort to redesign and improve the NIH Health and Wellness website. When completed, this internal site will be a comprehensive health and wellness information resource for NIH employees and contractors. DNRC staff developed the nutrition content of the website. The nutrition pages feature brief text content and numerous links to federal government websites, nutrition education resources, web tools, databases and social media. The NES and other HHS and USDA dietary guidance reviewers reviewed the nutrition content of the website. The website will be launched later this year.
- 3. A concurrent dietary guidance review of NIH National Heart, Lung and Blood Institute's updated Vietnamese Aspire for Healthy Hearts pamphlet on Healthy Eating and Healthy Living was completed. The NES, other HHS, and USDA dietary guidance reviewers provided comments to the NHLBI team. The healthy eating pamphlet is part of a series that also includes: Understanding Heart Disease; Prevent and Control High Blood Pressure; Be Active for a Healthy Heart (already reviewed by Physical Activity Guidelines review team); and Enjoy Living Smoke Free. The target audience for the pamphlets is adult Vietnamese living in the United States. All of the materials will be posted on the NHLBI Health Disparities website.

Reviews in Progress:

The NES is reviewing an updated **National Institute of Diabetes and Digestive** and Kidney Diseases (NIDDK Weight-control Information Network (WIN) fact sheet for African American adults entitled, "Improving Your Health: Tips for African Americans." The fact sheet will be posted on the NIDDK WIN website and Facebook sites. The material will also be featured in e-blast notices and at community and scientific exhibits and health fairs.

NIH Registered Dietitian Directory:

The DNRC recently published an online NIH Registered Dietitian Directory to commemorate National Nutrition Month and National Registered Dietitian Day. The link is: NIH Registered Dietitian Directory.

This directory can be updated as additional dietitians on the NIH staff are identified. If you are aware of someone who should be included, please email Dr. Margaret McDowell (margaret.mcdowell@nih.gov).

NEXT NCC MEETING

The May 2014 meeting has been canceled since many participants will be returning from the Experimental Biology meetings in San Diego. The next regularly scheduled NCC meeting will be on June 5, 2014. There may be a special meeting called to discuss further the US government-wide nutrition research agenda.

ADJOURNMENT

The meeting was adjourned at 3:50 PM

LIST OF APPENDICES

Appendix A: NIH NCC Meeting Agenda for April 3, 2014
Appendix B: NIH NCC Meeting Attendees for April 3, 2014

APPENDIX A: NIH NUTRITION COORDINATING COMMITTEE MEETING AGENDA

Thursday, April 3, 2014 2:00 – 4:00 pm Natcher Conference Center

Van Hubbard, DNRC						
of Minutes of February 6, 2014 MeetingVan Hubbard, DNRC						
Data and Publication ReleasesLisa Broitman, CDC/NCHS						
of Systematic Reviews on the Relationship between atterns and Health Outcomes, USDA Nutrition Evidence Joanne Spanhn, USDA Eve Essery Stoody, USDA						
pdateKellie Casavale and Holly McPeak						
ate						
om NCC Members and LiaisonsNCC Members						
8. Plans from the ICHNR Committee on Human Nutrition Research: A US Government-wide Nutrition Research AgendaVan Hubbard, DNRC						
NRC Update of Activities*						
om NCC Members and Liaisons						

10. Next Meeting – June 5, 2014

^{*} Updates generally will be included in the minutes of the meeting only

APPENDIX B: NCC MEETING ATTENDEES FOR APRIL 3, 2014

Agencies, Institutes, Centers, and Divisions	Members Present	Members Absent	Alternates Present	Other Individuals Present
DNRC Director (Chair)	V Hubbard			
Divisor (Gridin)	V Habbara			
NIH MEMBERS				
NCI	S Ross			P Greenwald
NCATS		C Colvis		
NCCAM		L Duffy		
NHLBI	K McMurry		J de Jesus	J Boyington; A Ershow
NIDCR	M Cutting			
NIDDK		R Kuczmarski		P Maruvada
NINDS				
NIAID		P Sato		E Petrakova
NIGMS		S Somers		
NICHD		G Grave		
NEI		S Gordon		
NIEHS		K Gray		
NIA NIAMS	J Hannah			L Joseph
NIDCD	X Wang	B Wong		
NIMH		M Chavez		
NIMHD		D Tabor		M Caulker; C Reed
NIDA	S Volman	D rabor		m caunor, c reca
NIAAA	R Breslow		P Gao	
NINR		P Cotton		
INIINIX		1 COROTI		
FIC		M Levintova		
NHGRI		D Scholes		
NIH LIAISONS				
CC	A Courville			S Bernstein
CSR	A COULVING	R Garofalo		O DOMOGIN
NLM		M Corn		
OBSSR		D Sampson		
ODS		P Coates	C Davis	
OD/ODP PRCC	D Stredrick	B Portnoy		
AGENCY LIAISONS AHRQ		I Mabry-Hernandez		

Agencies, Institutes, Centers, and Divisions	Members Present	Members Absent	Alternates Present	Other Individuals Present
CDC/NCCDPHP		J Seymour		
CDC/NCHS		N Ahluwalia		L Broitman, S J Nielsen, L Rossen, A Terry
FDA		M Poos	S Blakely	
HRSA	M Lawler			
IHS		T Brown		
ODPHP	H McPeak			K Casavale; S Goodwin; T Lunt; R Olson; D Wu
USDA/ARS	D Klurfeld			
USDA/NIFA		D Chester		
USDA/CNPP	C Rihane			J Obbagy; J Spahn; E Essery Stoody
DOD				

DNRC: D Brown, R Fisher; S Fleischhacker; K Friedl (special volunteer); J Krebs-Smith; M McDowell, and K Regan

GUESTS: A Mosley, HPRC; S Ohlhorst, ASN